

Peanut Butter 'n Fruit-wich

Makes: 1 serving

Ingredients

1 slice whole wheat bread
2 tablespoons peanut butter
1/4 apple (thinly sliced, can also use banana)
1/8 cup Carrot, grated (2 Tablespoons, optional)

Directions

1. Spread 2 Tablespoons peanut butter on bread.
2. Place fruit slices on top.
3. Optional: Top with grated carrot.

Notes

Instead of whole wheat bread try crunchy graham crackers or roll up the filling in a soft tortilla. Instead of fresh fruit use canned, drained pineapple.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	280	
Total Fat	17 g	26%
Protein	12 g	
Carbohydrates	23 g	8%
Dietary Fiber	5 g	20%
Saturated Fat	3.5 g	18%
Sodium	140 mg	6%

USDA, Food and Nutrition Service (FNS) and Food and Drug Administration, DHHS, The Power of Choice